



# Thanksgiving Dinner Safety

## How to Prevent Injury when Preparing Thanksgiving Dinner

### What is the Problem?

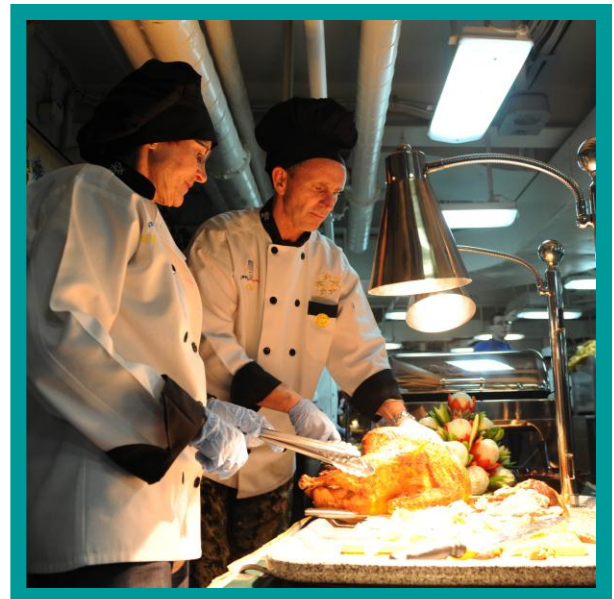
Holidays are times we share the kitchen with family and friends. Make it a goal this year to also share proper food safety practices.<sup>1</sup> According to the United States Fire Administration (USFA), an estimated 2,000 Thanksgiving Day fires occur in residential buildings annually in the United States, resulting in an estimated average of five deaths, 25 injuries, and \$21 million in property loss.<sup>2</sup> The leading cause of all Thanksgiving Day fires in residential buildings is cooking, specifically oven-baked and deep-fried turkeys.<sup>3,4</sup> If used improperly, an overloaded fryer can easily tip over and set an entire house ablaze.<sup>5</sup>

### Who is at Risk?

Family and friends attending holiday gatherings also have increased risk of injury due to the possibility of fire from cooking/frying.<sup>6</sup>

### Prevention Tips

USFA recognizes that Thanksgiving is a time of food, fun, and fellowship with loved ones and would offer the following helpful tips to those who plan to deep-fry a turkey for Thanksgiving:<sup>7</sup>



- Never use turkey fryers in a garage or on a wooden deck.<sup>8</sup>
- Make sure the fryers are used on a flat surface and never leave the fryer unattended.<sup>9</sup>
- Never let children or pets near the fryer even if not in use. The oil can remain dangerously hot hours after use.<sup>10</sup>
- Make sure the turkey is completely thawed and be careful with marinades. Oil and water do not mix, and water causes oil to spill over causing a fire or even an explosion hazard.<sup>11</sup>



### **Plan of the Week (POW):**

If frying a Thanksgiving turkey, **ALWAYS** use fryers outdoors a safe distance from buildings and any other flammable materials.<sup>12</sup> Keep an all-purpose fire extinguisher nearby.<sup>13</sup> **NEVER** use water to extinguish a grease fire and if a fire increases, immediately call the fire department for help.<sup>14</sup>

### **References**

- 1 Centers for Disease Control and Prevention (CDC). It's Turkey Time: Safely Prepare Your Holiday Meal. <http://www.cdc.gov/Features/TurkeyTime/>. Updated 19 November 2012. Accessed 9 September 2013.
- 2-14 Department of Homeland Security. Thanksgiving Safety Tips from the U.S. Fire Administration (USFA). <https://www.dhs.gov/blog/2010/11/24/thanksgiving-safety-tips-us-fire-administration-usfa>. Updated 24 November 2010.

### **NMCPHC Injury Prevention and Violence Free Living Webpage**

<http://www.med.navy.mil/sites/nmcphc/health-promotion/injury-violence-free-living/Pages/injury-violence-free-living.aspx>

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